



Athletics Canada/Run Canada Measurement Certificate

Name of the course Downtown 5K Distance 5 km
Location (city) Guelph (province) ON
Type of course: road race ☒ calibration track Configuration: Partial Loop
Type of surface: paved 100 % dirt _____ % gravel _____ % grass _____ % track _____ %
Elevation (meters above sea level) Start 324 m Finish 326 m Highest 335 m Lowest 323 m
Straight line distance between start & finish 450 m Drop -0.4 m/km Separation 9 %
Measured by (name, address, phone & e-mail) Bernard Conway 67 Southwood Crescent
London, ON, N6J 1S8 519-641-6889
Race contact (name, address & phone) Stacey Dunnigan Guelph 519-822-1260 (2533)
Or Debbie Irwin Guelph Community Health Centre 176 Wynham St. N
Measuring Methods: bicycle ☒ steel tape electronic distance meter
Number of measurements of entire course: 2 Date(s) when course measured: Aug. 22, 2009
Race date: _____ Course paperwork submission date: Aug. 26, 2009
Replaces: _____ (if applicable) Certification code: ON-2009-104-BDC

Notice to Race Director
Use this Certification Code in *all* public
announcements relating to your race.

Be It Officially Noted That

Based on examination of data provided by the above named measurer, the course described above and in the map attached is hereby certified as reasonably accurate in measurement according to the standards adopted by the Road Running Technical Council. If *any* changes are made to the course, this certification becomes void, and the course must then be recertified.

Validation of Course — In the event a National Open Record is set on this course, or at the discretion of Athletics Canada/Run Canada, a validation remeasurement may be required to be performed by a qualified measurer. If such a remeasurement shows the course to be short, then all pending records will be rejected and the course certification will be cancelled.

This certification expires on December 31 in the year 2019

AS NATIONALLY CERTIFIED BY:

Bernard Conway
Bernard Conway - Athletics Canada/Run Canada National Certifier
- IAAF/AIMS Grade A Measurer
- USATF/RRTC Final Signatory

Date: Aug. 26, 2009

67 Southwood Crescent, London, Ontario, Canada, N6J 1S8

Phone: 519-641-6889 (H) Fax: 519-641-6889 E-mail: measurer@rogers.com

2009 Downtown 5K Run

Start – on Wilson St. south of Carden St., 21.80 m south of the north side (stone wall) of the Guelph City Hall.

1 km – 13 m north of the north side of Speedy Auto Service on Woolwich St.

2 km – even with the house at 500 Woolwich St.

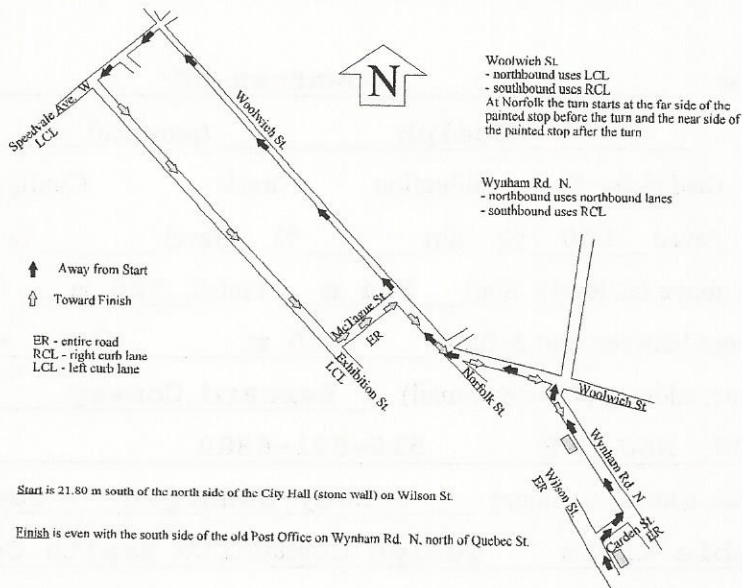
3 km – 3 m south of the front door of 320 Exhibition St.

4 km – 1 m west of the front door of 69 McTague St.

5 km Finish – is even with the south side of the old post office on Wyndham St. north of Quebec St.

Directions

Runners head north and have the entire road on Wilson, turn right (east) on to Carden St. (entire road), then turn left (north) on to Wyndham St. (southbound lanes). The runners then turn left (north) on to Woolwich where they have the left curb lane (LCL). Turn left (west) on to Speedvale Av. W, then left (south) on to Exhibition St., then turn left (east) on to McTague St. (entire road - ER), then turn right (south) on to Woolwich St. (right curb lane – RCL). Then turn right (south) on to Wyndham St. in RCL to finish.



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